



# FRIDAY SEPT.13 6-8 P.M. GET INSPIRED!

KORTE REC CENTER: HIGHLAND, IL

Putting the "Mo" Back in your "Mojo!"

2 HOURS OF EXERCISE & MENTAL TRAINING

MENTAL TRAINING WORKBOOK

DOOR PRIZES

GET INSPIRED: TRY  
SOMETHING NEW, &  
HAVE FUN!

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MENTAL TRAINING  
(GOALS, POSITIVE  
SELF-TALK,  
RUT-BUSTING!)

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EXERCISE SAMPLING:  
ZUMBA, AEROBICS, &  
SPINNING!

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BRIEF INTRO TO  
PERSONAL TRAINING  
(NUTRITION AND  
FITNESS)

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ALL FITNESS LEVELS  
WELCOME, SMALL  
GROUPS, PERSONAL  
ATTENTION!

SIGN UP AT KORTE BY 9/1/13

\$20 FOR MEMBERS

\$25 FOR NONMEMBERS

618-651-1386

[www.highlandil.gov](http://www.highlandil.gov)